

Cookbook

Lighter Food Fare Works Very Well In Summertime

BY CHARLOT M. DENMON
Staff Correspondent

With an increasing number of Back Mountain homemakers returning to the job market, they are continuously looking for easy-to-prepare menus for their families. It seems seldom a day goes by that one doesn't hear one or more of these women say "If only I knew what to have for dinner".

The hot, humid weather we have had this summer discourages diners from eating heavy, cooked meals. Instead they prefer foods that are tasty, light and attractively served.

More and more persons, men and women, are developing a 'salad tooth' whether for the main course,

vegetable, or a salad on the side. Most restaurants now offer a salad bar for their patrons which have become a factor in where diners stop to eat.

In order to offer a few salads other than the normal run of potato salad, bean salad, fruit salad or cole slaw, this week the Post Cookbook shares a Ham-Fruit Ring, Spinach Flambe, Daiquiri Salad and a Ginger Salad Dressing for the benefit of our readers.

The Ham-Fruit Ring is almost a meal in itself. The Spinach-Bacon Flambe looks spectacular and it is easy to do. Just start with hot food and an 80-proof liqueur such as rum, brandy, or a favorite fruit liqueur. Heat the liqueur in a long-handled pan, then ignite carefully

and pour over the food and stir. The alcohol will burn off but the flavor will remain. For a special effect, dim the lights.

HAM-FRUIT RING

- 1 med. pineapple
- ½ lb. canned ham, cut into bite size pieces
- 2 med. stalks celery, sliced (about 1 cup)
- 1 c. seedless grapes
- ¾ c. mayonnaise or salad dressing
- 2 t. lemon juice
- ½ t. gr. ginger
- ¼ t. garlic salt
- ½ c. chopped peanuts or slivered almonds
- lettuce leaves
- seedless grapes

Remove top from pineapple, cut

pineapple crosswise into four or five slices. Cut pineapple from each slice, leaving half inch rings. Put rings aside. Core and cut up pineapple. Toss two cups of pineapple with ham, celery and one cup of grapes. Mix mayonnaise, lemon juice, ginger and garlic salt; toss with ham mixture. Before serving fold in nuts. Arrange pineapple rings that were set aside on lettuce leaves. Fill with ham mixture. Garnish with grapes. Serves four or five.

SPINACH-BACON FLAMBE

- 6 slices bacon, cut into ¼ in. pieces
- 2 T. honey
- 2 T. red wine vinegar
- 1½ t. Worcestershire sauce
- 10 oz. spinach, torn into bite-size pieces
- 5 oz. sliced mushrooms
- 1 lemon, halved
- ¼ c. brandy
- ¼ t. salt, if desired

Fry bacon until crisp. Remove from pan, strain on paper towel;

drain pan, reserving bacon fat. Heat bacon fat, honey, vinegar, Worcestershire sauce to boiling. Pour mixture on spinach and mushrooms, toss. Squeeze lemon over salad. Heat bacon pieces and brandy in small pan just until warm.

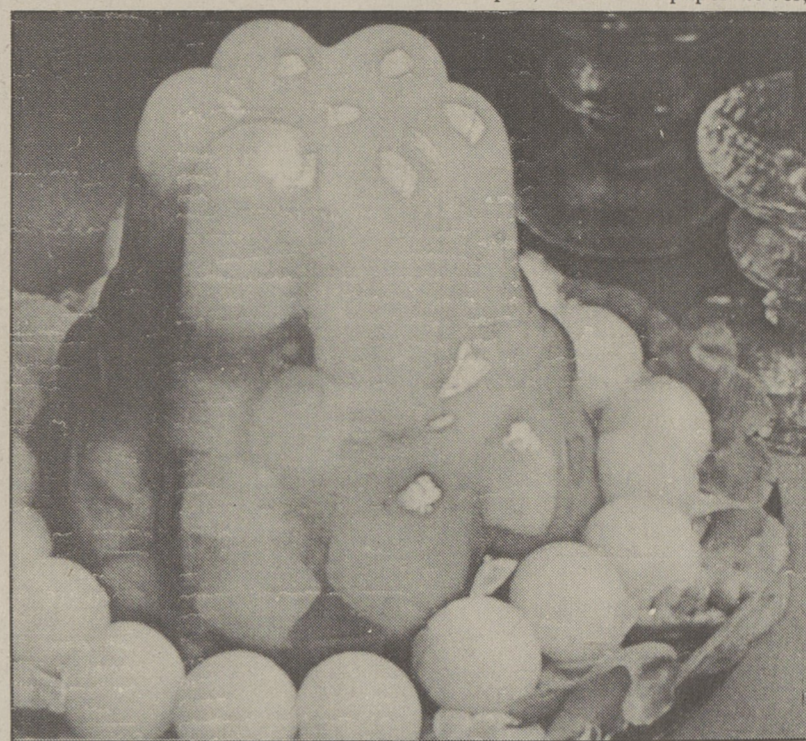
DAIQUIRI SALAD

- 1 c. boiling water
- 1 6-oz. pkg. lime gelatin
- 1 6-oz. can frozen limeade concentrate
- ½ c. ginger ale
- 1 20-oz. can pineapple chunks or tidbits, drained (save juice)
- ½ c. light rum
- salad greens
- honeydew melon balls

Pour boiling water on gelatin in 2-quart bowl; stir until dissolved. Stir in frozen lime concentrate. Add enough ginger ale to saved pineapple juice to measure one and one-half cups. Stir pineapple juice-ginger ale mixture and rum into gelatin mixture. Refrigerate until slightly thickened. Stir in pineapple. Pour into mold. Refrigerate until firm, at least three hours. Turn mold onto salad greens and garnish with melon balls. Serve with whipped topping, if desired. Salad will keep in refrigerator up to 24 hours.

GINGER DRESSING (Delicious on Fruits)

- one third c. mayonnaise or salad dressing
 - one third c. honey
 - 2 T. chopped crystallized ginger
 - 1 T. lime juice
 - 1 T. vegetable oil
 - ½ t. grated lime peel
- Mix all ingredients; refrigerate for one hour or longer.



Daiquiri Salad

OBITUARIES

Harold E. Flack, 84, of Dallas former state representative and senator, died July 14, in Nesbitt Memorial Hospital, Kingston. His wife is the former Mary Elizabeth Dissinger.

Born in Plymouth, son of the late Rev. Dr. Ebenezer and Sarah Hutcheson Flack, he was educated in Scranton and Newburgh, N.Y. schools. A Republican, Flack won election to the Pennsylvania House of Representatives in 1942, and represented the sixth Legislative District. He won elections from 1944 to 1952 and from 1958 to 1962. He was known for his support of the Pennsylvania Business Development Corp., of bills supporting mine drainage and flood recovery and served as a member of the joint house-senate committee investigating the 1958 Knox coal mine disaster. He was a past lieutenant governor of the Kiwanis, a member of the Dallas Kiwanis Club and a former

member of the Westmoreland Club, Wilkes-Barre, and the Lehigh Valley Club, Allentown. He was a member of the Masonic Lodge, Newburgh, N.Y., the Caldwell Consistory, Bloomsburg, the Irem Temple and Irem Temple Jesters.

Also surviving are three grandchildren, Janet E. Flack, Penn Valley; Charles D. Flack Jr., Shavertown; and Harold E. Flack II, Azle, Texas; a great-grandson, Charles D. Flack III, Shavertown; two sisters, Miss Henrietta H. Flack, Sun City Center, Fla.; and Dr. Agnes N. Flack, Daytona Beach, Fla.; two brothers, George W., Daytona Beach, Fla.; and Robert K., LaCrescenta, Calif.

The funeral was held from Harold C. Snowdon Funeral Home, 140 N. Main St., Shavertown, with Rev. John S. Prater, pastor of Prince of Peace Episcopal Church, Dallas, officiating. Interment, Oak Lawn Cemetery, Hanover Twp.

Memorial donations may be made to the Dallas Ambulance Association or the American Cancer Society.

Mrs. Pauline Kaby, of 16 Fox Hollow Drive, Dallas, died Sunday in Wilkes-Barre General Hospital after being stricken ill at her home.

Born in the Ukraine, she came to the United States in 1949. She lived in Egg Harbor, N.J. and since 1972 lived in Wyoming Valley.

Mrs. Kaby was employed by Pomeroy's Department Store at the Wyoming Valley mall from 1972 to 1981.

She was an active volunteer for the Deborah Heart and Lung Hospital in New Jersey.

Her husband, Professor Walter Kaby, died in 1979.

Surviving are a daughter, Mrs. Lanning (Katherine) Anselmi, Dallas; granddaughter, Alexis Natasha Anselmi, Dallas. Funeral services were held from Harold C. Snowdon Funeral Home, 140 N. Main St., Shavertown. The Rev. James P. Stevenson, pastor of Trinity Episcopal Church of West Pittston, officiated. Interment, Memorial Shrine Cemetery, Carverton.

Memorial donations may be made to Dallas Ambulance Association.

Births

A daughter to LYNN AND HOWARD DOVER, 364 Crane Road, Shavertown, July 13, at Wilkes-Barre General Hospital.

A son to DIANE AND JOSEPH KERESTES, RD 5, Sutton Road, Shavertown, July 14 at Wilkes-Barre General Hospital.

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